

Mountain Trek Packing List

Packing

- _____ Pack with padded hip belt* Capacity: External Frame - 4000 cubic inches +/-, Internal Frame - 4800 cubic inches +/- (rental available)
- _____ Pack cover (waterproof nylon)*
- _____ Stuff Sacks or Large Ziplock bags to keep gear organized and dry in your pack*

Sleeping

- _____ Sleeping bag in waterproof stuff sack.* (Line the inside of stuff sack with a garbage bag to make it waterproof.) Sleeping bag should be warm down to at least 32 degrees. 20 degree bags work well, you can always unzip if it gets too warm.
- _____ Sleep cloths (T-shirt and gym shorts) to be worn only in sleeping bag*
- _____ Sleeping pad – closed cell foam or Therma-Rest*
- _____ Straps to hold sleeping bag and pad onto pack* – straps with buckles work a lot better than bungi cords.

Clothing

Trekkers should be dressed for the trail when they check in on Sunday afternoon. Quantities below include what you are wearing at check in, e.g. "Two pair heavy hiking socks" means one pair on your feet and one in your pack.

- _____ Hiking boots. Boots should be well broken in. High-top boots that provide ankle support are highly recommended.
- _____ Lightweight tennis shoes to wear around camp.
- _____ Two pair heavy hiking socks, wool blend, NO COTTON.*
- _____ Two pair liner socks, polypropylene*
- _____ Two pair underwear
- _____ Two hiking shirts
- _____ One pair hiking shorts* (zip-off pants can double as both shorts and pants)
- _____ One pair long pants* Not jeans (for cold weather, pole climbing, horse rides)
- _____ One pair insulated underwear* (optional, bring if you get cold easy)
- _____ One sweater or jacket, fleece or wool*
- _____ Hat or cap with brim for protection from the sun*
- _____ Stocking cap*
- _____ Rain jacket*
- _____ Rain pants*

Eating

- _____ Bowl (plastic)*
- _____ Spoon* (only utensil needed)
- _____ 3 or 4 one quart/liter water bottles* (Nalgene style)

Miscellaneous

- Small flashlight or headlamp* with new batteries*
- Compass*
- Bandana*
- Lip balm*
- Small sunscreen*
- Toothbrush and small toothpaste*
- Tampons/sanitary napkins*
- Sunglasses*
- Ditty bag (small stuff sack or Ziplock) for personal smellables in bear bag*

Optional

- Money – \$10-20 in small bills for use at backcountry trading posts
- Camera*
- Note pad and pen*

Philmont provides tents. If you have a good quality backpacking tent you may bring it for consideration.

All crew gear and food will be provided. You do not need to bring any extra food. Please do not bring toilet paper from home. Philmont supplies toilet paper that is non-smellable and biodegradable.

Do Not Bring: Cell phones, radios, ipods, video game devices, hammocks, makeup, or deodorant

*Available at the Tooth of Time Traders (www.toothoftimetraders.com) If you need to make purchases once arriving at Philmont, please plan to arrive early enough to visit the trading post before 3:00 pm check in.